

Sweat 4 Life

Your Monthly Newsletter
For Clients and Friends of Performex Studios

If Children's Television Was Linked To Obesity, Diabetes, Cancer, Autism And Dementia... Would You Let Them Watch?



Oh boy. This is shocking. Not surprising. Shocking. And if you have children... you are going to want to drop everything you are doing... and... read this right now.

Here's what this is all about: In February 2007, two independent studies reported on research showing that Children watching television are at higher risk of several serious health problems. And spending time in front of the computer screen can also be detrimental.

And here's something very interesting: If you think your kids are immune because you monitor what they watch and they only watch "educational" television... you might want to read this quote from Dr. Aric Sigman, "It is the number of hours and the age which they start which produces the biological effects. It is because of the medium, not the message, that these effects are occurring."

In other words...

It's NOT What Kids Are Watching On Television... It's The Television Itself That Is The Problem!

Who is Dr. Aric Sigman? Dr Sigman is an associate fellow of the British Psychological Society and author of "Remotely Controlled: How Television Is Damaging Our Lives." In his report, he analysed 35 different scientific studies carried out into television and its effect on the viewer. He has identified 15 negative effects he claims can be blamed on watching television.

Some of the most alarming discoveries are the links he claims to have found between long hours of television viewing and cancer, autism and Alzheimer's.

According to the February 19th 2007 edition of The Scotsman (Scotland's National Newspaper), "The effects on children watching TV have been well publicised in Britain. Fears of a time bomb of obesity have sparked a wave of ministerial initiatives to promote sport and tackle the couch-potato lifestyle.

However, today's report suggests the consequences of television are far more serious. They range from myopia and attention deficit disorder to diabetes, autism, Alzheimer's and a generation whose brains are being numbed by on-screen imagery."

Hours Add Up

In Dr. Sigman's report, published in Biologist magazine, he claims the biggest problem with television is how much time is spent in front of it.

For a large percentage of the population, watching television is the third leading way they spend their time. According to Dr. Sigman in the February 19th The Scotsman article, "by the age of six, a child will already have spent **one year** in front of the television. When time in front of a computer is added, the psychologist claims watching a screen of some kind is the dominant activity for older children - those aged 11 to 15 now spend 55 percent of their waking lives, or 7-1/2 hours a day, watching television and computers. According to today's report, that represents a 40 percent rise in a decade.

Dr Sigman claims the battery of ill effects takes its toll on both body and mind. He claims the effect on the brain is not stimulating, but almost **narcotic**, numbing the areas of the brain stimulated by, for example, reading.

The influence of modern editing techniques - for example the rapid "jump cuts" - also plays its part. Attention spans fracture while at the same time, according to Dr. Sigman, the brain is programmed to reward itself with the neurotransmitter dopamine for being able to cope with an onslaught of novelty on screen.

OFF THE TOP

(Chris's August Epiphany)



We all have bad days right? The phone doesn't stop ringing, your car tyre picked up a puncture on the way to work and is now slowly leaking and then there's the traffic! Don't even start me on the road works in Cairns at the moment!

So a couple of days ago I was stuck at an intersection feeling a little sorry for myself (one of 'those' days) From across the intersection I could see a lady of about middle age, riding a trike. A trike looks a lot like the 3 wheeled Harley's cruising around at the moment, but more 'road-bike looking'. What an awesome chick yeah? But wait...

Finally the light turns green, we pass each other and I noticed what looked like a bicycle tyre on each side of her seat... she was sitting in a wheel chair... on a motorbike!

I made the decision right then & there; the bad day I was having? All of a sudden not so bad! **How is your day going?**

Early Puberty?

Dr. Sigman's work not only associates television watching with obesity, Alzheimer's, diabetes, attention span and the body cells' ability to heal wounds... it claims a significant body of research now leads him to believe it is a major factor in reducing levels of the hormone - melatonin.

Why is this important?

This is important because melatonin is the hormone that regulates the body's internal clock and also helps determine the onset and progression of puberty.

Since melatonin is produced at night and makes you feel "sleepy," it is believed the bright screen may decrease production. This may lead to disturbances in sleep... which can be linked to many health problems.

And according to Dr. Sigman, suppressing melatonin levels in this fashion may lead to children starting puberty much earlier than nature intended.

What's more, the study found that children's resting metabolic rate **decreased** as the amount of TV they watched soared - meaning that physiological changes compounded the fact that they were not exercising.

No TV Under 3

And according to the US Paper "The Guardian", "Between the ages of birth to 3, particularly when children are acquiring language, their brains are going through rapid development and are being physically shaped, like a piece of clay, in response to what they are exposed to. It's called structural neuroplasticity.

"Key stages of development are language acquisition and social skills, and if they're displaced at this stage, they may be irreplaceable." Dr Sigman, an associate fellow of the British Psychological Society and member of the Institute of Biology, said exposing children to fast-moving images at a very young age for a sustained time may inhibit their ability to sustain attention.

And children who were left for long periods with only a screen to interact with, not only had less time to speak to adults, but also failed to develop social skills."

Dr Sigman believes children under three should not watch TV, and those between 3 and 7 should watch no more than 30 minutes to an hour a day.

And this includes so-called "educational" programming...

"I was told by the head of BBC children's TV [Richard Deverell] that TV 'helps children get interested in the outside world'. I believe the world around them gets them interested in the outside world.

"We are told children need electronic entertainment or they get bored. It is not true. Children have an infinite ability to entertain themselves which television seems to erode. What children are exposed to under the age of 7, and particularly under the age of 3, is of paramount importance. It's really the under 3's we're most concerned about and dramatically limiting the

amount watched between three and seven."

Here Are Dr. Sigman's Recommendations For Television Watching:

- **Children under 3: no screen exposure**
- **Ages 3 to 7: 30 minutes to an hour a day**
- **7 to 12: One hour a day**
- **12 to 15: one and-a-half hours a day**
- **16 and over: 2 hours**

According to The Guardian article, a Department for Culture, Media and Sport spokesman said the government had no plans to introduce a recommended "daily allowance" rationing the amount of TV children watch.

Cancer: Killer Facts Tough Statistics You Should Know

Cancer is one of the leading causes of death in the world, particularly in developing countries.

In 2008 a report by the International Agency for Research on Cancer revealed that, until recently, cancer was considered a disease of westernised, industrialised countries.

Today the situation has changed dramatically, with the majority of the global cancer cases now found in the developing world. However, myths and misconceptions about cancer still abound. Below are the compiled facts from the World Health Organisation about this killer disease.

-- There are more than 100 types of cancers; any part of the body can be affected.

-- Cancer is a leading cause of death worldwide: In 2007, it accounted for 7.9 million deaths (around 13 percent of all deaths) in 2007.

-- The five most common types of cancer that kill men worldwide are (in order of frequency): lung, stomach, liver, colorectal and esophagus.

-- While for women worldwide the five most common types of cancer are: breast, lung, stomach, colorectal and cervical.

-- About 72 percent of all cancer deaths in 2007 occurred in low- and middle-income countries.

-- Deaths from cancer worldwide are projected to continue rising, with an estimated 12 million deaths in 2030.

-- The WHO estimates that 30 percent of cancers can be prevented, mainly by not using tobacco, having a healthy diet and being physically active.

-- Tobacco use is the single largest preventable cause of cancer in the world.

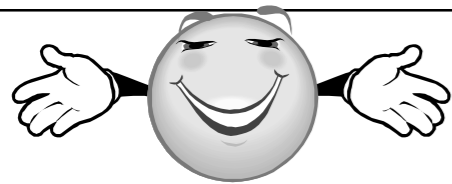
-- A third of cancers could be cured if detected early and treated adequately.

-- A fifth of all cancers in the world are caused by a chronic infection, for example human papillomavirus (HPV) causes cervical cancer and hepatitis B virus (HBV) causes liver cancer.

(Source: The World Health Organisation)

CLIENT OF THE MONTH

This month's client of the month is **Jane Stewart**. She has lost 39.5cm and 11% Body fat in just 8 weeks! **Congratulations!** As our client of the month Jane will receive a **FREE 1 Hour Massage @ Performex**. Watch for YOUR name here in a coming month!



DO YOU KNOW THESE PEOPLE?

Welcome New Clients!

Here are the new clients that became members of our fitness family this last month! We'd like to welcome you publicly, and wish you all the best!

Bree Haigh - (Referred by Emmy! Thanks!)

Jodie Delvin - (Referred by Bree! Thanks!)

Lorraine Dickens - Haig Varcoe

And a BIG WELCOME BACK to Kay Hearn

THANK YOU! THANK YOU! THANK YOU!

Thanks to YOU, we're the hottest Personal Training Business in town. Our clients and friends deserve great thanks for graciously referring us to family, friends and neighbors. We build our business based on positive referrals from people just like you.

And don't forget, if you have any questions or concerns about your health, talk to us. Contact us with your questions. We're here to help, and don't enjoy anything more than participating in your lifelong good health. If you have a question about fitness, weight loss, health trends, or a supplement/nutritional product you would like checked out, email your question and I'll do my best to address it in an upcoming issue (or with you personally). **I'd love to hear from you.**

My email address for comments is:
chris@performexstudios.com

In A Hurry? Get some help with the cooking...and have this complete meal ready in minutes!

Rotisserie Chicken with Roasted Vegetables



Tired of the same old burger? Here's a quick easy recipe for a spicier burger this grilling season!

Ingredients:

- 3/4 bunch asparagus (about 8 medium spears)
- 2 Portobello mushroom caps, sliced 1/4" thick
- 1 medium onion, cut in 1/4" thick rings
- 1/2 tbsp extra-virgin olive oil
- Salt and pepper
- 1 rotisserie chicken breast or leg

Directions:

Pick up a ready made rotisserie chicken at your local grocery store.

Preheat the oven to 200°C. Remove the woody ends of the asparagus by gently bending each stalk until it breaks—it'll naturally snap off at the right spot.

In a baking dish, toss the vegetables in olive oil and season with salt and pepper. Roast for 12-15 minutes, until the vegetables have developed a light brown crust.

Serve half the vegetables with the chicken and simple mixed-green salad tossed with olive oil and vinegar.

Nutrition Facts per serving: 430 calories; 36g protein; 18g carbohydrate; 25g fat (7 saturated); 5g fibre.

Tantalising Test of Your Knowledge

Take the test...if you dare!
(Answers appear on Page 3 Inside...)

1. Is chewing gum (whether sugared or sugar free) bad for your teeth?
2. Are people with higher educations and income more likely to exercise than those with less education and income?
3. Does sound travel faster through the air or through denser substances like water and steel?
4. Which grows faster: fingernails or toenails?
5. Which is the good cholesterol and which is the bad:

HDL LDL

Answers Appear On Page 3 Inside...

Client of the Month SUCCESS STORY!

Jane from Redlynch

Our new friend Jane has lost 39.5cm (that includes an amazing 16cm from around her belly) and 11% body fat in just 8 weeks!

The whole Performex Studios team would like to congratulate Jane on doing such an awesome job;

Hey Jane, We all love seeing you here and can't wait to see what else you can achieve.

Keep it up!

You could be our next Client of the Month and WIN a FREE 1Hour Massage

Inside This FUN Issue of Sweat For Life...

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Answers To The Tantalising Test of Knowledge

*Don't read this until you quiz yourself.
The questions are on the back page.*

Question #1... According to Kim Loos, D.D.S., some studies show that chewing gum can have an indirect **positive effect** on your teeth. Gum can stimulate production of saliva and increase salivary flow. Saliva is a natural buffering agent which washes the teeth and neutralises some of the acid produced by bacteria. It is the acid which erodes enamel and eventually causes cavities. Also, some people do not produce sufficient saliva. One study showed that after chewing gum for 10 minutes each waking hour for two weeks, participants increased their salivary flow to a functional level and increased salivary pH and buffering capacity. If you chew gum that contains sugar, just chew it for at least 15-20 minutes; that way the saliva has a chance to remove any remaining sugar off the teeth.

Question #2... According to The National Center for Health Statistics, levels of education and income seem to affect whether or not someone exercises. One in four adults with a college degree do high levels of exercise compared with only one in seven without. Adults with lowest incomes are 300% less likely to exercise than adults in the highest income group.

Question #3... According to Wikipedia.org, sound travels more quickly at high altitudes and high temperatures. It also travels faster through denser substances (like water and steel).

Question #4... According to the American Academy of Dermatology, nails grow about 4/100ths of an inch per day. Fingernails grow a little faster than toenails. Toenails are twice as thick as fingernails. Men's nails usually grow faster than women's nails. Nails on your dominant hand grow faster.

Question #5... HDL (high-density lipoprotein) is the "good" cholesterol and LDL (low-density) is bad. What are your levels?